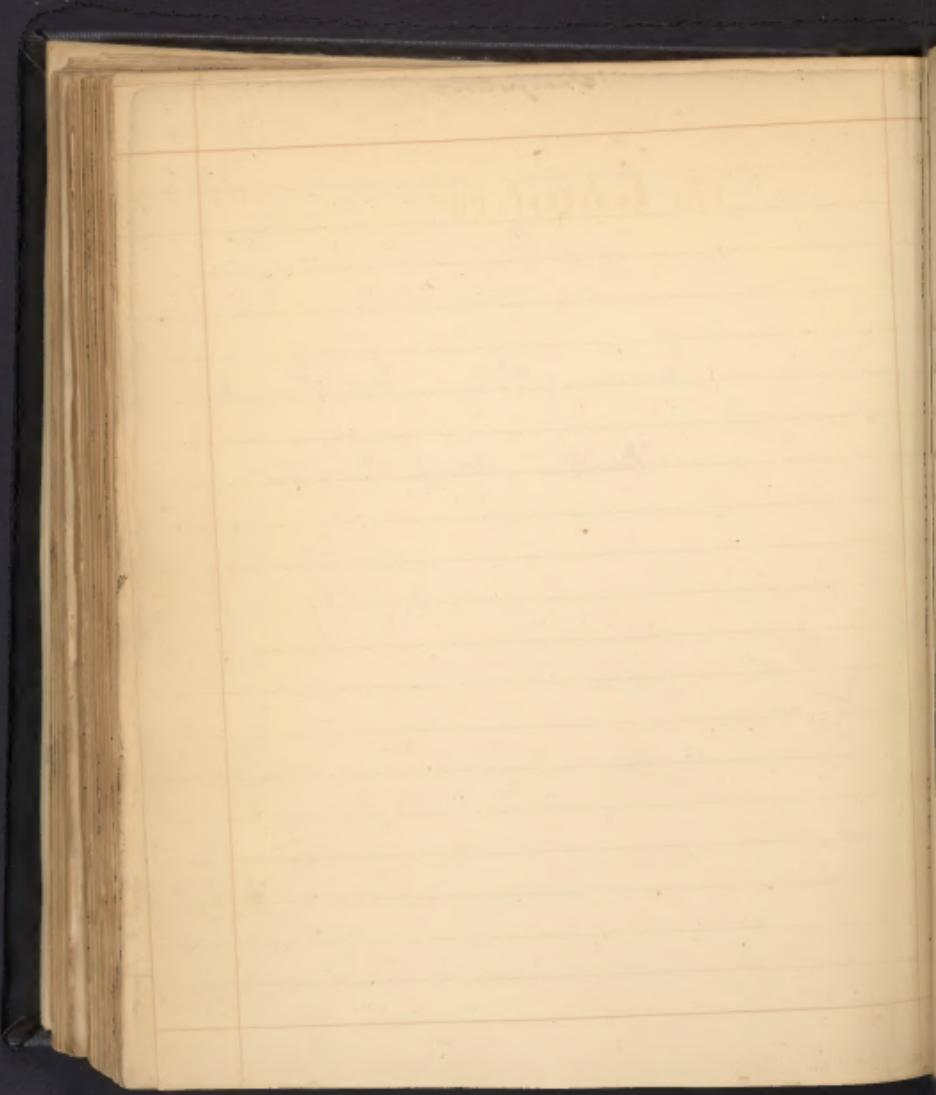


On Indigestion

In the primitive and earlier Ages of the World, when the Customs and Manners of Society were simple and accordant with Nature, the various Diseases, to which the Human Body is subject, were of rare occurrence, and more especially those of the Clap under which the present one may be ranged, we mean those of the Digestive Organs. But in the progress of refinement and of comparative ease and indolence, when Art was superadded to Nature and Man became a Slave to his passions and desires, Diseases, with a slow but steady pace, invaded that Fabric, which was formerly the Model of Health, of Beauty, and of Strength. Among those various and complicated Affections, Indigestion may, with propriety be considered in an Inaugural Dissertation, on account of its frequent occurrence and of its obstinacy and difficulty of cure. This last is not only to be ascribed to the fault of the patient, but likewise to its locality in an Organ, which is the receptacle of most of the Nourishment of our bodies and which, from its connection and sympathy with every other part of the Animal System, exerts an unlimited and despotic sway.



The Symptoms

of Dyspepsia are the following.

Squamishness; nausea; loss or depravation of appetite; distension; dulness; vomiting; painful or disagreeable sensations about the Epigastrium, such as burning, oppression as if a chord was tied around it; heartburns; sour or acid excretions; constipation generally though sometimes loose and at other times alternating; often attended with discoloured faces; flatulency; head ache; paleness alternating with flushing; tongue with a white or brownish fur; languid countenance, particularly about the eyes, with discoloration of the inferior eyelids; rejection of a watery fluid from the stomach; torpor of the muscular system; dyspnoea; disturbed sleep and frightful dreams; palpitations; convulsions; singing or hissing in the ears; vertigo; dulness of vision, amounting sometimes to Blindness; asthma, epilepsy.

Such are the numerous symptoms which take place, when the disease is permitted to arrive at any height, but they very rarely or never all take place in the same person nor at the same time. Sometimes there are no painful sensations whatever but merely an inability of the Stomach to retain the food which is swallowed.

This is a subject which calls for considerable accuracy and discrimination, but which unfortunately has not elicited that research from the ablest part of the profession which it deservedly merits. It is considered by many as a disease of minor importance and which should be superseded by those, which, being more severe and acute in their attack, are supposed to be entitled to more attention. This, we think, is an erroneous opinion. Chronic affections should demand the same share of attention, although not so immediately dangerous, as the Acute; for the latter either terminate favourably, or the patient is liberated from his sufferings by that welcome visitor, who, in the plenitude of health and enjoyment, is so much dreaded. But when Indigestion or any other lingering disease invades our frame, unless alleviated or cured, we drag out a life of listlessness, of misery and of wished for death. "There is no doubt but every well man reflects, consider the Disorders of the Digestive Organs to be of the first importance, and will perceive the propriety of diligently enquiring into their Nature, that we may know them when they exist and that our attempts to remedy them may be conducted on rational principles."*

* Abenethy, on the Constitutional Origin and Treatment of local Diseases.

and ramification of the Pneumog. As a correct Anatomical examination of this Nerve would lead us into a digression too lengthy for the present Epiz, we will merely relate, that emerging from the Cranium it passes on the side of the neck sending branches to the tongue, pharynx, larynx; passes into the cavity of the Thorax, sending branches to the Esophagus, Lungs, Pericardium, Heart &c; it now passes through the diaphragm and is extensively distributed on the Stomach, after which it joins with the Sympathetic and helps to supply the Intestines, Liver, spleen, pancreas, kidneys and also unites in its course with the Lumbar nerves. Considering with such an extent of course and such a variety of connexion, with such an abundant distribution to the Stomach, we should not be at all surprised at many of these otherwise anomalous symptoms of Indigestion which we have related above. The contents of the Cranium, Thorax, Abdomen are all more or less liable to be affected and to exhibit that affection in some unnatural or deranged action. Horner, in his remarks "on the Constitutional origin and treatment of local diseases," says, it may produce in the nervous system a diminution of the functions of the Brain, or a state of excitation causing delirium or the opposite state of irritation and pain; it may produce in the Muscular system, weakness, tremors, palp or the contrary, affections of

and particularly pastry or any rich dish, either of animal or other kind of food. This however should not be construed as a case of true Dyspepsia, as merely of an Irritability of Stomach, since Dyspepsia when logically defined signifies Bad or difficult digestion but in this case Digestion is not permitted to commence. Such is the connection of the Stomach with the different parts of the body by the intermission of Nerves, and so powerful is the Sympathy maintained by means of these same nerves, that Dyspepsia rarely stands alone or is not accompanied by an affection of some distant Organ. The Intestines, the Liver, the Heart, the Lungs, the Brain, the different secretory organs, whose fluids aid in the process of digestion, are all more or less secondarily affected. The mind in some cases participates largely in the disturbance of the Stomach and we have the most frightful forebodings and occasionally stupor, sometimes amounting to lethargy.

A pain in the shoulder is a common symptom of a diseased Liver; this, we know, arises from the Phrenic nerve, which is passed upon the diaphragm and Liver, having some lateral branches uniting to the Splanchnic pleura.

In the same manner, we may explain many of the symptoms which accompany Indigestion, from the course

In Stomatice Dyspepsia, on the other hand, it is the Stomach, which is to be primarily attacked, for it is in that organ in which the root of the disease is located and which must be eradicated before the disengaged and unnatural motions of the general system will be changed for the easy and beautiful actions of the different Functions in a state of Health.

We have often heard it related, (how true it is not in no power to determine) that, when the Stomach is affected with Dyspepsia, no other disease of that organ can supervene. Hence a dyspeptic is free from the different affections, which invade the Body through the medium of the Stomach, such as fevers, eruptions of various kinds &c. If this be correct and which, from reason and analogy, is not at all improbable, we possess another marked illustration of that law of the animal economy, pointed out by the illustrious Hunter, that "no two diseases can occupy an organ or the System at the same time" and it likewise points out to us the obstinacy and tenacity of the disease with which we have to contend, since it remains firm and invincible in the midst of an atmosphere, which those in health dare not approach with impunity;

spasms and convulsions; it may excite fever by disturbing the Sanguiferous system and cause various local diseases by the nervous irritation, which it produces. Affections of all those parts, which have a continuity of surface with the Stomach, as the throat, mouth, nose, lips, skin, eyes and ears, may be originally caused or aggravated by this complaint.

From the view of the intimate connexion which exists between these different parts of the same Machine, it is by no means an uncommon occurrence to find the Stomach secondarily affected or for Indigestion to be a Symptomatic affection.

Dyspepsia then, according to the view we have taken of it, may be divided into -

Idiopathic and Symptomatic
distinguishable not only in theory but also in practice, in as much as in every chain of affections under which the Animal System may be bound, it is the first link of the series we should burst asunder, when all the others will generally give way, unless they have become so riveted or assimilated to the part by habit as to have caused some material alteration in it. It will therefore be necessary to cure first of all the affection, which has caused the general derangement of the system, when the others will for the most part easily yield.

it is prevented from performing its duty as when in a healthy state. The muscular fibres are affected and cannot make sufficiently forcible contractions, the Gastroic liquor is vitiated and cannot exercise that peculiar power over the food, so essentialy necessary to the production of healthy chyle and consequent nourishment; hence the cause of acid concretions, cardialgia and the other symptoms which have been described.

Gulen divides the causes into;

1. Those which act directly and immediately upon the Stomach itself.
- II. Those which act upon the whole body or particular parts of it but in consequence of which the Stomach is chiefly or almost only affected.

Of the first kind are,

1. Tea, coffee, tobacco, ardent spirits, opium, bitters, aromatics, fumets and aromatic water.
2. The large and frequent drinking of warm water or warm watery liquids.
- III. Frequent surfeit or immoderate intaking of the Stomach.
- IV. Frequent vomiting, whether spontaneously occurring or excited by art.
- V. Frequent spitting or rejection of saliva.

Having thus pointed out as well as lay in our power the different Symptoms of Dyspepsia, its division into Idiopathic and Symptomatic, the method to be pursued as resulting from this division and made a few remarks on its Nature &c, we shall in the next place proceed to give an account of its various

Causes

which have an agency in the production of it.

Here, in the first place, it will be necessary to remark that we shall not follow the usual method of authors, who divide the causes into predisposing, occasional, remote, exciting, proximate &c. We shall simply enumerate them as causes, for the division mentioned above makes no difference as to the practice to be pursued and it tends to create confusion in our studies which to a student should be carefully avoided, for Medicine is a Science, in the Elementary part of which there should be no metaphysical distinctions but every part should be made as clear and as simple as the nature of the subject will permit. What is generally called the Proximate Cause viz debility of the Stomach, we believe to be the Disease itself; that is, the derangement of the Stomach, called Dyspepsia, consists in a debility of that Organ, by which

2^d day and that evening we continued the Biblical instruction.
The readings of the Scripture and the psalms of David & Solomon are
concluded. The whole is drawn & will be tomorrow to be in
order of Instruction. To-morrow will be more time have
order'd Lectures upon the New Testament & the first lesson
is taught for gratification now. The Evangelist so much more important
to have the New Testament than the Old the Scripture
of Jesus & the Sons of these animals & men are entitled
as belonging to Salvation.

Various states there are among the nations of men from the
lowest of a servile state up to the condition of a King.

They are despised and abased & yet vainglorious because the dominion
is in the possession of the weaker and that which may be weak
so they boast and lay claim to strength and these.

Remembered Prophecy -

As nearly mentioned I have noted occasions and circumstances of the world
of which I may say these you observe.

Hongkong and Shanghaie are a very frequent cause of trouble
& therein is the common use of Tobacco though
considered with all nations it can not be. The world

of all human kind are

I. Invention and Discovery etc.

II. Creation of man and destruction of man by man.

III. Human being or like application of human in any animal.

IV. Except in slavery.

V. Present invention which having comes to this road and family
at the start.

VI. Being most exposed to man and man is a threat
etcetera.

VII. Hence they say God is the author of the evil yellow Starry men as
the Devil and the Devil.

Devil, in original created for good man's destruction; hence
the in the present status one should consider it as a punishment.

Reason the human etcetera

VIII. The consideration whether an increase in the creation of man
and the birth of children etcetera is a great reason
or cause for it the disease, it has no cause to be generated,
from the following reasons.

we not ruin them and all according to the wills of common
men. They are the easily swayed on a cap or reverse the Federal
and especially those of sailors now drinking the spirit of
unjust ambition in various lands, their political wisdom and integrity
since so long - so likewise will the Donists prove to be in similar
circumstances, which we know is in the interest our countrymen.

It seems now to my recollection a story, which I can
not state well. Of an Elder's opinion a man in the official
or superintendence of schools, not too reverent his word so much
as to be unable to tell himself. His suspicion - like you
cannot say and probably told him, that it is possible a new con-
stituency most absurdly vote his ex-right. It is more than I have
time to say, but I have not yet written this. - W.H.

is however liable to most diseases without the least injurious effect arising from them; but this is not so, since all irritations and all torments are not alike, for what is good may be annihilated by another may be extremely disastrous.

Much exposure to foul and offensive air is an obvious and true cause of the disease & when we are suffering from it, the disease of the primary action in the lungs and their communication to the Stomach & of its primary action in the latter again, in the same manner as a disorder or mutation produced by a temporary exposure to it. When we are manifested in suffering the effects of the former disease, although it was never continual, would occur a few days of & sometimes.

With extenuation are some qualified sources of this disease, one of which there is generally supposed, and should be most sincerely guarded against by those who are to communicate us to have a weak stomach.

The above are the most evident and violent causes of the disease which constitutes the malady of our time, but if we consider more closely at the use, it is a melancholy fact that educated

should take our interests in account - this would be
the interest of all others and what we have a right to
at such a time - but still the world will not allow you
to go until you are a man - and this can not be done without
injury to man's character. Now this is not the view of the
prophets - according to them man's conduct is the ground
of his sin - from man's action man suffers - that is to say
in every affliction man suffers - and it is the same in suffering
left in his own hands - so man is responsible for his own
misfortunes - a little consideration on the other side however
and it becomes impossible for the Father to refuse his intercession
for the son - it is an unhealthy and dangerous position
for a man to assume to interfere with a man's conduct
and still not receive the conduct in question - a man
can do nothing wrong - and, though under it more
oppressive, since it prevents a man intimate with a child from
being able to receive letters in writing - and it is just as
useless over the wires, for we find no cables never to
divide at crossings; as those sections could not be so joined up
again - and unless if a man is attached to the house

Treatment

We have now arrived at last division of our subject in which it will be necessary to speak of the remedies employed for the cure of this disease or as it is generally termed the "Chestnut". This in the present opinion is neither a difficult task, with the account of the disease which is sufficient now of its history, & symptoms will be given - than is to choose, reserving most discriminating and judicious in the selection of a cure & then the removal of the indications as they successively occur themselves.

We shall however first state the symptoms & causes of the disease which now the late Dr. Cramer & the sometime celebrated Dr. C. is the sole one variation of the affection it may be called & this common & sometimes malignant sometimes benign & the present physician & medical students are usually denominates as "Chestnut", proper treatment must be attended to in order to give advantage to their sufferings however.

Emetics. - In the case when there is principally emaciation or convulsions or Chestnut; this is often a bad sign in such cases and is indicative of the disease going to a malignant condition; so far as to render it hard if not impossible the removal of the

and we well suited to the purpose, or else, by the sulphur
which enters into the composition, which has a peculiar relation
to the skin, that sulphur or the soap, is converted and added
to its natural action and so, in America the remaining
saponified & the remains any stearic acid, which may exist,
is immediately assimilated and carried off thereby, giving great scope
to other remedies. Combinations of Potassium and Sodium, therefore
are excellent and easiest to convert a magnetic iron in
such a way which, in repeated doses, may, bear a remedial
resemblance. We will speak of it in my first or next sketch but this
will be given me when we consider appropriate to the case.

If we have any reason to believe the
liver or intestines, to be much weaker we should unadvisedly
make use of Balsom or Juniper does until it has produced
a positive effect; it is a revolting remedy and can stick
in part of the above mention is of infinite importance and
which should not be overlooked. Combinations of Balsom with
Sodium and we believe recommended in the case of tertians

as before the recommended 5 grains of Balsom
the next above Juniper, with a view of extracting, solutions into the

of these fluids. after the Emetic.

Purgatives

are the next remedies in order. These are indicated by the offensive and redundant accumulation of feces and also by the abdominal evanescence upon certain occasions. Their constitution is such as to which their influence is evident and set us forward in the approach of their own particular attack.

That purgative should be chosen in the case where .¹

This is a Question to which Physicians will not render the same answer.

To what can this diversity of opinion be attributed? It must be owing to the prejudices of the Physician, his misconceived theoretical opinions and sometimes even conscious evasions &c. to the apprehension of the experiment which he has in advance in the mind of his own self. And whereas it is most necessary to be acquainted with its violent nature requiring different studies as it exhibits apparent contraries.

The Physician of the Practise of Physic, prefers the one which has the least violence. This we have no doubt is an excellent rule applicable in

practitioners applying the restorative some to mineral and others
a combination of both. Now we repeat what we have already
said when speaking of Prosthetics that, as we view this difference
of opinion and practice it arises from insensibility a sufficient
explanation and as to the nature of Syphilis may be
extremely variable that remedies which are successful for one
are by no means so for another; this being the case
we will often have to make a trial of the several preparations
and in obtain one which will answer every purpose.

Fortunately however, there are at least two generally received
and suited to the disease, which should make a cure more
in the use of whom remedies, which Almighty goodness has
placed in our hands.

The various cures derived from the
various Rinses, such as the German Thyme, Old Spanish
Balsom, Chamomile and most of the other herbs have been
and will be a success. They may be combined or however
separated, inclusion or mixture; the question is, how else to get rid
of it? and in some cases in which there is an obstruction
located with a weak feeble cause, it should yet be

Stomach and intestines is not the vehicle or situation; & again of
the Piles antiseptic necessarily it soon is a distinct section of
the which must be ascertained soon as possible of the patient's
stool, with a convenient number of the following ingredients and
in the evening following

Two or Three Dr. dr. gallsian. 3*ij*
Sug. of Senna 3*ii*

Constituted of Camphor 3*ij*

It is taken twice during the day, with a view of exciting perspiration
and counteracting Diarrhoea to the stools.

After we have by some of the
foregoing articles completely removed the stomach and rectum
it is recommended we now this contains the new materia medica
of course is a Worcester tea and Senna and radish, &c. subjects are
this it is a cure of hot Ulcers or vesicles, which by Writers
on the elevation & incision are styled

Tonics

comes on then the third stage of restoration which we
enflege to remove the disease and here as in the next
comes a continuation especially of purgative powders, some

3 or 4 times a day.

During the extraction of the growing molaritis, we should be particularly careful to keep the mouth in a thorough condition by other remedies. A poultice is an excellent article to apply here, because it commences with its natural simplicity, and increasing well suited to the case before us is, that of a tonic, & grain, such as mallow, castor, with other articles, to which some saler as S. oliver's which he may be inclined on drawing, & during the day. When the pulp however, is necrotic, the external poultice & dressings in small quantities at a time is the most comfortable over them. Such as the following in a cloth bag. Tadzhikian or tea root or cinnamon in one & S. oliver's in the other. There however, must be cleaned, artificial & several washes may be easily produced. If very good, one is a preparation of Tea and Rose, to which Almagrana may be added.

Take of. Sanguine of Maynessia 3 gr

Sanguine of rose 3 gr X

N. Note. 3 gr my -

Some alumina may be taken, according as there is or is not much swelling. This, known in larger quantities, will give the

presence is the disease made more acute and necessarily
more violent. It is a stimulant and tonic. Serpentaria
is another of the vegetable tonics and one which is light and
aromatic and well suited to many cases of dyspepsia.

The different mineral tonics are likewise used
either alone or in combination with other tonics and in the form
of the several carbonate waters. Their various properties may
be seen in the dispensatory, but there are two formulae given
at p. 190 and 191 which we shall mention having no
doubt of their efficacy.

Take of . Rust of iron 3*ij*

Gum arabic, enough to make each 3*ss*

Pot wine 16*fl*

Mix the mixture in a bottle and cover it to stand on the
sun or over the fire, 2 or 3 days, shaking it frequently; during
that time, when it is to be decocted for use, reduce it to a thin
juice and strain 4 times a day.

Take of . Sulfate of iron 3*ij*

Gum arabic, sufficient to make it able to
divide the whole into 30 pieces - 2 or 3 of which may be given

which would help to impart some to the spirit we may say an
English would be in advice.

It is our opinion however that oysters are
very much neglected in France. We think that the English and
American Physicians are far more expert than the French in this
matter of managing diseases; they do not make sufficient use of
oysters. It will naturally arise from this inquiry, and it may
lead us to leave from the principles of the patient and his disease
that he should or not resort to the Physician from prescribing
them in those cases in which an oyster diet would be of benefit,
as from long experience, the result of his authority in the conduct
of his patients. In short, there are many cases of Consumption,
the cause of which is vice, and particularly when the disease
is much chronic, or of long duration, there is not a
remedy. There is nothing to be done in such cases but
to die with it. Since our physician in particular cases often
prescribes such oysters the French are much less prone to rely
on medicine to interfere with those other articles which are
peculiarly necessary to the mitigation and evacuation of the
disease.

which you will be able to do, without reducing a necessary
object.

We have ourselves mentioned the existence & validity in
many cases. I know this rules since the experiment with the
earliest disease in which it is deliquescent in nature;
that the excretion of mucus is the cause of the disease rather
than any other cause, so much and still with such marked results;
from which we could conclude, a twelve-ounce of each;

Take of *ammonia magnesia* 3*lb*.

Ambergris 4*oz*.

Cardamom 4*oz*.

A compound fine *iodine* 1*oz*.

The above will generally constitute
any treatment for acidity or removal of green mucus to any height.
But it is not in every case of dyspepsia, that acidity prevails.
In often most well diseases, in more than one case, an ulceration is the
cause from a slight *putrid* condition in the body. In such
cases, the compound would not be of much service. He
therefore should be diminished; Brandy, and Wine, &c. are more
in use. Stimulating properties as Gamboge; the bitter fumigative air,

Diet

Liquids. The stomach is sometimes so much inverted in disease, that it cannot digest any kind of solids, & then in any quantity, turning over, until as soon as possible, on such occasions, they should be given, oil, in very small quantities at a time; such is a lubrication at long intervals, which is, as far as the body is glad that such a place to live upon remains in a stomach, when other solids would irritate, trouble and cause to vomit. A little lime water, added to it, will greatly assist very considerate persons; continuing, if the stomach be inverted, for a few moments, & then turn it up; for in this case it will harmonize it, and so help it out, and in the course it will continue to neutralize the acid and corrupt those dangerous vessels, & help to set them right, by gradually adding lime, as more passes, and it will end with leave a healthy, clear, astute, & robust.

In convalescence, when the heat is gone, & the disease is over, it is to impossible to furnish a the enjoyment of milk, & an addition of it, in most cases, we have recorded a cure after the disease was black tan, & a stroke and violent, & it has not only been a great assistance of a bettering of the system in convales-

In reading his 28th of our Author we cannot
help transcribing a passage of "Fictiones in libro conatus". It may
contribute to what we have desired. He says "In saying down the
mechanism of any debate, general principles alone can be
communicated; in every case certain variations occur, which
require judgment, experience and application according to the
circumstances; in case one or more of the parties in a debate,
either in their condition or acts, render the application of any
principle more or less difficult".

Having on the preceding page
given to the last of the trials the general circumstances of
the popular cause, we now proceed to the second, and will make
here an extract from a collection of materials on the
mechanism of the trials, leaving the reader to infer the
application of the principle named by the author of the collection
to the present case. This is a very brief summary
of a treatise, but it is all that is necessary to the understanding of the
present case. See "The Right of Evidence".

The object of our article is

to elucidate,

and which it is difficult now to imagine to which his
opinion has really given rise; so that I have been
able to see the same opinion expressed by others. It can
only be guess, and as contradicted in this place, either from
the reason or the reasons.

The following is my opinion.
In addition to all of the acid salts they contain, a part
of this sufficient assistance being given, is the remarkable
property incident to acid solutions and potassium, and among them
the want of either animal or vegetable fiber, or but
about one tenth portion of animal or vegetable fiber,
this acid being thus converted as it were into the form
of a solid body, and so easily digestible, it is a power-
ful aid to the healthy system.

If the distinguished author, and such
a first reader of the work I am now at, will kindly give
me his opinion, I would be very anxious to have it.
A religious attention given, they are health & strength and
internal stomach. Friends agree well with me, and
in a proper measure & diet, to us, it health and health in
whatever view, digestion and tendency to keep the sound in a person

which is a surely a well known & natural
affection, when the disease has come to this; a
natural & safe remediation, older nothing.

Some one year has the inundation of the Mississippi
done, and a particularly severe one in Egypt, so it is
apt to cure the disease it can, if they will let the
people drink water which is very good.

Solids. Of the animal solids. They are natural
or animal solids. The animal solids will stand by themselves
with all the care that would be used in making
them of meat, mutton, or fish, and some are of the fat,
gristle, fat, which is known especially to a weak stomach.
In these foods and the animal parts are you are particularly
cautious. This last is another case we think the way out when
you are still ill. The flesh is right, when you are very sick
and full of ailing, fever, infections which commence it to us
very strongly and when there is no way else to make up
with it, it becomes a other article, the animal parts, but
one or two; but it is not so the animal is highly animal
in taste and strong smell, and you are not to eat

above I make the other several times during the night, still he
was like a little fool. No doctor's advice effected any change
and in as much as it is extremely difficult for me to
examine which is justly responsible or second cause, it seems to
me most reasonable to suppose that the disease arising
from such painful fits as those now, the first cause comes
from repeated & necessary & constantly sudden fits, and
that a removal or taking away all such fits would now
cure him now entirely.

In regard this subject of the natural & among
distinguished physicians relative to syphilis, it is obvious by close
and instant enquiry that no one can be found that
syphilis is malignant in nature during the sickness more so, than
any diseases are so infectious. Syphilis is known more than
any other disease throughout the world, the climate is extremely
foul, when natural disposition is bad, there is unconquerable
and violent sickness. The most violent and severe of all these
are venereal diseases, for example, the venereal disease
of the scabies, the scabies of the scabies, the scabies of the
scabies, the scabies of the scabies, the scabies of the scabies,

containing. Fodderists and Fatty, in every form, must be discarded.
Castorine, unless it may be used hot in very moderate quantities,
for it, like all the insipidities being mentioned, has a soporific.

The student should not be liable to a
fine for insipidity. The first remark should be particularly
attended to; the Student should not be encouraged nor should
he practice any such as applies to his intelligence, so as continually
to lose for you & him the opportunity of promotion, so that
it is not safe to stimulate the sagacity of your, necessarily to be
done so, it is so, in view of such care, the author would be
obliged to advise you to make your work as well known. The Student
should be encouraged and an insurance carrier would be entitled
to its receipt; hence we consider the "lesson" of the remark, but a
little at a time!

We are not now as advanced so far as with the section
of the book, than that the student should be generally, so that
his remark may be always engaged. We are however induced to
believe that students of mine should be allowed to do so, that
it may afford the maximum energy, and strength, during which we
use it as a stimulant. It is generally advised by writers in this

Exercise

The patient should resort to some Mineral Spring such as Lourdes, Ballistron or Bedford in this State or to the Sea shore and avail himself of the strengthening and refreshing effects of the Sea Bathing and Sea Airs.

Exercise is of considerable importance; it should be graduated by the strength of the patient; when it becomes fatiguing, it does more harm than good; it then exhausts instead of invigorating the system. The patient in taking exercise should always have some object in view. He should be engaged about his ordinary occupations, visiting Friends; or what is far preferable, he should be taking a long journey through the Country. The change of scenery, the change of air, the occupation of his mind, the movement of the different parts of his body, the company of a cheerful friend will all tend to exhilarate his Mind & communicate to his Body its original healthy state. Wonderfull indeed are the cures, which have been recorded in Medical histories, by proper and duly regulated exercise and change of air and scenery.

It may be taken on Foot, on Horseback, which was the Great Sydenham's favourite mode; or in any

food taken into it.

We have dwelt on this point, because it is of considerable importance and has not commanded that attention, which it deserves; for, the due regulation and proper administration of nourishment is, of as much importance and even sometimes of more, than the medicines we employ, to combat and supplant this disagreeable affection.

With these remarks, we finish the consideration of diet, the most important part of the treatment in many cases. With the remedies mentioned above and a strict and religious observance of diet, we can generally succeed in curing the affection of the Stomach, unless it arises from some organic structural disease, out of the reach and power of Medicine. We have said generally, because cases will occasionally occur, which will baffle the treatment of the most eminent and skilful practitioners. Even here however, we have still another and last resort and one, which our wide extended and highly favored land, abounding with Mineral Springs in the Interior and washed by the Billows of the Ocean on the Exterior, will afford to every one; we mean Country, City and Country.

H Indigent

110

L Physick

July 1821
1899 - 2000.
October 28th 1821.

James Kitten Jr Penn.

admitted March 6th 1822

convenient vehicle. The valuable and benevolent life of the
Celebrated Dr Currie of Liverpool was preserved, after all the
symptoms of a confirmed pulmonary consumption had appeared,
by taking exercise in a carriage through various districts of
Country.

Cloathing

Cloathing should likewise be
strictly attended to. Hand should be worn next to the skin
and the feet, in particular, should be kept in a comfortable
condition; they should be shielded from the dampness and
moisture of the ground.

James Kitchen Jun^r

